# **Q** Fisher&Paykel





TITAN

Ceramic Cooktop User Guide

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#### THANK YOU FOR BUYING A FISHER & PAYKEL APPLIANCE!

Congratulations on the purchase of your new Ceramic Glass Smoothtop. We strongly recommend that you read these User Guide instructions carefully to take full advantage of the features offered by this product.



#### Inspiration

For a delicious treat or the easiest dessert; dip clean, dry strawberries into good quality chocolate that has been melted on the lowest power on the Supersimmer element. Hold the strawberries by their stalks to dip them and place on non-stick baking paper in the fridge to set.



#### **DESIGN**

Fisher & Paykel Cooktops offer the perfect blend of form and function. The convenience of fingertip control and performance of high-speed ribbon elements, delivering results you can count on time after time.

#### **SUPERSIMMER**

Innovative engineering and an understanding of the cooking process led to the development of the Supersimmer element. Turning down to a very low and even power setting, this element is perfect for melting chocolate and butter, simmering soups and stews, cooking delicate sauces and keeping food warm.



#### **DIALTECH™**

An extensive amount of consumer research led us to develop highly ergonomic features such as Dialtech<sup>®</sup> controls. The quality and feel of pure satin chrome controls and the convenience of instantly knowing whether an element is on, off or hot (Hot Surface Indicator).

#### STYLE

The low profile minimalist design of our cooktops lets you create the kitchen of your dreams. Styled to integrate beautifully with the Fisher & Paykel kitchen range and modern kitchen design trends.

## GETTING TO KNOW YOUR TITAN COOKTOP

#### LOCATION OF FEATURES



- 1. Cooktop controls
- 2. Dual Flement
  - Inner 1100 Watt element
  - Whole element 2500 Watts
- 3. 1200 Watt Supersimmer element
- 4. 1800 Watt element
- 5. 1800 Watt element
- 6. 1200 Watt element

#### Inspiration

Chocolate ganache is a wonderfully rich, and very easy, fudge topping for cakes. Melt 200g dark chocolate and 80ml cream together on the lowest power on the Supersimmer element, stirring regulaly. Pour the hot mixture over the cake, allowing it to run, or spreading it, down the sides. It will harden on cooling.

# USING YOUR COOKTOP/HOB

#### TEMPERATURE CONTROL

Your cooktop offers a wide range of temperature settings from delicate, slow cooking to the intense hot temperatures needed for boiling and searing. As the control knob is turned clockwise, the heat output is increased. Turn the control knob to the HI setting to begin cooking and adjust as necessary.

The elements are controlled by variable energy regulators giving infinite control. There is no 'stop' at the LO marking; this is to allow you to experiment at finding the minimum heat (the power level drops off rapidly to zero below the LO marking). The HI setting is ideal for boiling, searing or frying. For general cooking purposes turn the control knob to the HI setting to begin cooking and adjust as necessary. Once your pan is hot, reduce the temperature to maintain a steady heat to cook your food through.

Be sure you turn the control knob off when you finish cooking. You will feel a click at the OFF position.

Cooking efficiency will vary due to the different types of cooking utensils used. Cooking results are influenced by pot quality and size. You will need to experiment with the temperature settings to match your desired cooking result. It is essential that pot size matches the diameter of the cooking zone. Use flat bottom utensils of good quality. Poor performance is often due to incorrect pot size.



# USING YOUR COOKTOP/HOB

#### **DUAL CIRCUIT CONTROLS**

Select the full element by turning the knob anti-clockwise to Hi. To heat the inner element only, turn clockwise to Hi.



#### **HOT SURFACE INDICATORS**

The indicator light under the knob glows white whenever an element is on. After the element has been turned off, the indicator will glow red until the element surface has cooled down to a temperature that is safe to touch.

#### Inspiration

For a very easy tomato sauce to serve with pasta, fish or chicken, chop 2 cloves of garlic and fry lightly in 2 thsp olive oil. Stir in a 400g can of tomatoes, 1 thsp tomato paste and 1 tsp sugar. Mash lightly with a potato masher and simmer for 5-10 mins. Add fresh basil leaves, feta cheese and/or lightly cooked vegetables and warm through before serving. For Bolognese, add 500g minced beef and fry with the garlic along with half an onion, chopped. Simmer for 20-30 minutes and serve over spaghetti sprinkled with grated parmesan cheese.

#### Inspiration

For the ultimate hot chocolate drink, warm 60g dark chocolate with 2 tablespoons water in a small pan, stirring until the chocolate has melted. Gradually whisk in 500 ml milk and continue heating at moderate heat until piping hot, but not boiling. Pour into 2 or 3 mugs and top with marshmallows.

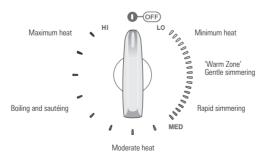
#### **SUPERSIMMER**

The front right element of your cooktop/hob is fitted with a unique simmer control. This allows the element to be turned down to a very low and even power setting (25 watts compared with 60 watts on other elements). These lower settings are ideal for melting chocolate and butter, cooking rice and delicate sauces, and for simmering soups and stews. It can also be used as a 'warm zone' for keeping cooked food hot.

The supersimmer element is just as powerful (1200 W) in the top heat range as the same size standard element allowing food to be browned, seared, sautéed or boiled before simmering all on the same element.

#### WHY SIMMER?

Simmering occurs at around 85°C (185°F), when bubbles rise occasionally and gently to the surface of the cooking liquid. This is below boiling point, and above the minimum temperature needed to keep food safe from bacteria. Simmering is the key to delicious soups, tender stews and delicate sauces. *Boiling* soup for extended periods of time will cause a breakdown in texture and a loss of many key nutrients. Vigorous heating can cause curdling or burning of sauces and meat *boiled* in a stew becomes tough. Cooking at simmering temperatures converts connective tissue in less expensive cuts of meat to soluble protein, making it deliciously tender, while the cooking liquids become rich and full of flavour.



Pan size and quality will affect the transfer of heat so you may need to experiment to find the exact power setting for your food. Heavy, flat based metal pans 15cm in diameter or below will give best results with the supersimmer element.

# USING YOUR COOKTOP/HOB

#### **BÉCHAMEL SAUCE**

Béchamel is the most useful of white sauces and the supersimmer element gives excellent results.

Warm 300ml milk and set aside.

Melt 1tbsp (15g) butter in a heavy based 15cm pan and stir in 2tbsp (15g) flour. Cook the mixture on MED (sizzling), for 2-3 minutes.

Take the pan off the heat and gradually whisk in the warm milk.

Do this slowly at first to avoid lumps.

When all the milk is smoothly incorporated add salt, pepper and nutmeg to taste.

Return to the heat and cook on MED until the sauce thickens and is just boiling.

Reduce the temperature to a point in the 'warm zone' where the sauce simmers very gently and cook for 5-10 minutes, until the floury taste has gone.

Makes about 300ml but this recipe is easily doubled.

#### Variations:

For a savoury sauce add half a stock cube or half a teaspoon of stock powder with the flour, but take care with additional seasoning.

To make cheese sauce add a pinch of English mustard powder with the flour and stir in 50-100g grated, well flavoured cheese at the end of cooking. (Don't reheat or the cheese will go stringy). For parsley sauce; delicious with cooked ham, fish and vegetables. Add the stalks from a bunch of parsley to the warming milk and infuse. Chop the leaves finely and stir into the finished sauce.

#### Inspiration

For a weekend brunch make potato rosti by squeezing out the moisture from peeled & grated potatoes. Mix with melted butter and pan fry generous spoonfuls till golden on each side. Serve with smoked salmon and a little sour cream.

#### ABOUT THE RADIANT ELEMENTS

The elements will cycle on and off to maintain your selected control setting.
Even after the elements are turned off, the glass cooktop retains enough heat to continue cooking. To avoid over-cooking, remove pans from hot elements when the food is cooked. Avoid placing anything on a hot element until it has cooled completely (while the element status indicators are glowing).
It is safe to place hot cookware from the oven or another element on the glass surface even when the surface is cool.

#### **HEATING TIPS**

When you need to boil, simmer or fry food, first set the temperature to Hi. Once boiling or your pan is hot, reduce the temperature setting to maintain a steady heat to cook your food through. This will reduce cooking time.

#### TEMPERATURE LIMITERS

Temperature limiters are fitted to the elements to prevent the glass from overheating. You may notice the limiters turn the elements on and off during cooking.

# USING YOUR COOKTOP/HOB

#### **COOKWARE**

To achieve optimum cooking performance, use heavy gauge, flat, smooth bottom pans that conform to the diameter of the cooking area.



To get the best results out of your cooktop/hob follow these simple suggestions:

**P**reheat the cookware on the cooktop/hob before adding food.

Cookware with a stainless steel sandwich base or enamelled cast iron will give you the best results.

**W**hen food comes to the boil reduce the temperature setting.

 ${f N}{\mbox{ever}}$  use plastic or aluminium foil dishes on the cooktop.

**A**luminium and copper-bottomed cookware can cause a metallic residue to remain on the cooktop. If left, this becomes difficult to remove. Clean the cooktop after every use.

**M**atch the bottom of your saucepans with the cooking zone. This will give you the most efficient cooking.

A saucepan with a flat base will make better contact with the element resulting in shorter cooking times.

Jagged edges on saucepans or heavy frypans will scratch the cooktop/hob.

Using a lid will reduce cooking times.

#### Inspiration

For a quick dessert melt butter and sugar in a pan and simmer over medium heat, add some fresh cut pineapple and rum and cook a little further turning the pineapple from time to time. Serve warm with pan juices and a dollop of coconut cream.

#### PENNE WITH TOMATO & PUMPKIN

2 T olive oil
500g pumpkin, peeled and diced
1 clove garlic
1 red pepper sliced into strips

2 zucchini/courgette, sliced diagonally

1 tin Italian tomatoes

2 T tomato paste

1 T heaped, sundried tomato pesto

4 rashers bacon, rind removed

400g penne pasta parmesan cheese

Heat the oil in a large frypan with a lid. Add garlic and pumpkin.

When the garlic is soft, add all the other ingredients except for the bacon, penne and parmesan cheese.

Simmer the sauce gently with the lid on until it is thick and the pumpkin is cooked. Cook the penne until al dente. While the penne is cooking grill the bacon until crisp. Drain the penne and put into pasta bowls, add the tomato pumpkin mixture, sprinkle with parmesan cheese and garnish with bacon cut into small strips.

#### CARING FOR YOUR COOKTOP

To keep your cooktop/hob looking attractive, it is important to clean it regularly. Normal wear and tear will occur but this will not affect the performance of your cooktop/hob.

**R**emove any food, spillovers or grease from the cooktop/hob while it is still warm using the razor blade scraper provided held at a 30° angle.

#### WARNING



When the safety cover is retracted the blade in the scraper is razor sharp. Use with extreme care and always store safely and out of reach of children.

**U**se cleaner on the cooktop/hob while it is warm to touch. Rinse and wipe dry with a clean cloth or paper towel. The cooktop/hob may become stained if cleaning residue remains.

#### **METALLIC STAINS**

Copperbased or aluminium saucepans may cause metallic staining. These stains show as a metallic sheen on the cooktop/hob. If the cooktop/hob is not cleaned regularly and the stains are allowed to burn onto the surface, they may react with the glass ceramic and will no longer be removable. The use of a conditioner will help prevent damage if applied after every use.

#### CLEANING THE STAINLESS STEEL FRAME

**U**se warm soapy water for cleaning when the cooktop/hob is cold. Apply soapy water with a soft sponge or cloth. Do not use steel soap pads as this may dull the appearance of the appliance over time.

After cleaning, wipe dry with a clean cloth to ensure the surface is thoroughly dry. For extra shine, use a stainless steel polish such as 3M Stainless Steel Cleaner and polish or Steel Magic Cleaner.

**D**o not use abrasive cleaners on any part of the cooktop/hob as this may damage the cooktop/hob.

**D**o not drag pots over the edge of the cooktop/hob as this may mark the stainless steel.

#### Inspiration

Creamy mashed vegetables are always popular. Experiment with different combinations: sweet potato & potato, carrot & parsnip and pumpkin, potato and nutmeg. Flavour with salt and pepper and parsley.

#### **SPILLOVERS**

Clean the following spillovers immediately, using the razor blade scraper provided.

**D**o not let sugar, jam, plastic, plastic wrap and aluminium foil melt onto the cooktop surface. Clean these immediately using the razor blade scraper provided.

**A**nything that melts onto the ceramic surface may cause pitting if it is left to cool before removing.

**P**itting may also occur when a food with a high sugar content is spilt onto the cooktop and not cleaned up immediately.

Remember some foods e.g. peas and swede have a naturally high sugar content.

#### **ENERGY SAVING TIPS**

Place a pan on the element prior to turning on the heat.

Always use a lid to retain the heat.

Choose cookware of the proper size, material and construction.

Minimise the amount of liquid or fat to reduce cooking times.

**U**se residual heat retained in the glass ceramic panel to continue the cooking process or to keep foods warm.

**S**elect the proper temperature setting for the cooking task.

## RECOMMENDED CLEANERS FOR CERAMIC COOKTOP/HOB

Mica Ceramic Cooktop Cleaner Cerapol Ceramic Cleaner

Application of a conditioner such as Mica Ceramic Cooktop Protector will help prevent any damage to the cooktop/hob.

# COOKTOP/HOB SAFETY

Your Titan Cooktop/Hob has been carefully designed to operate safely during normal cooking procedures.

Please keep the following rules in mind when you are using this appliance.

#### WARNING



During use this appliance becomes hot.

Care should be taken to avoid touching cooktop surface.

Do not stand or place heavy objects on this appliance.

Do not place aluminium foil or plastic dishes on the cooktop/hob.

#### CERAMIC SURFACE

If the ceramic surface is cracked, turn the power off at the wall to avoid the possibility of electric shock.

**A**luminium and copper - bottomed cookware can cause a metallic residue (metallic staining) to remain on the cooktop/hob.

If the cooktop/hob is not cleaned regularly and the stains are allowed to burn onto the surface, they may react with the glass ceramic and will no longer be removable.

Jagged edges on saucepans or heavy frypans, will scratch the cooktop/hob.

**Caution:** Handles of saucepans may be hot to touch. Check saucepan handles do not overhang other elements that are on. Keep handles out of reach of children.

#### **Handy Hint**

# COOKTOP/HOB SAFETY

#### WARNING



This appliance should be connected to a circuit, which incorporates an isolating switch providing full disconnection from the power supply.

Household appliances are not intended to be played with by children. Children, or persons with a disability which limits their ability to use the appliance, should have a responsible person to instruct them in its use. The instructor should be satisfied that they can use the appliance without danger to themselves or their surroundings.



# TROUBLE SHOOTING

# TROUBLE SHOOTING

PROBLEM	SOLUTION
The graphics appear to have worn off the glass.	This is unlikely to happen. It is probable that baked on food has obscured the graphics. We recommend using a razor scraper for removing such spills.
There is a metal sheen on the glass.	This could be caused by copper or aluminium bottomed pots. Ceramic cleaner should remove this. If the cooktop is not cleaned regularly and the stains are allowed to burn onto the surface, they may react with the glass ceramic and no longer be removable.
The glass is being scratched.	The most common cause of this is rough edged cookware, check that your pots/pans have flat smooth bases.
The element keeps turning itself on and off.	This is normal and is caused by:  1. The element cycling to prevent the glass from overheating.  2. The controller sometimes cycling to maintain your selected heat setting.
The element status indicator lights are no longer working or are showing the wrong colour.	Call your Service Center.

# FREQUENTLY ASKED QUESTIONS

- **Q** Is it possible for my cooktop/hob to shatter?
- **A** This is <u>highly</u> unlikely. The glass is very robust and strong and goes through a vigorous testing process before it is accepted.
- **Q** Does the glass scratch easily?
- A No, the glass is very tough. However check that your pots do not have jagged edges on the bottom.
- **Q** What do the lights mean?
- **A** These depict the status of the elements:
  - White the element is turned on.
  - Red the element is turned off but the surface is still hot.
- **Q** Will the graphics come off?
- A No, the graphics on the glass are fused onto the surface. However they may be obscured by baked on food. This is easily removed with the scraper supplied with the product. The graphics on the stainless steel are etched by laser. Refer to the cleaning instructions on page 12.
- **Q** Will the surface overheat?
- **A** Each element is fitted with temperature limiters that prevent overheating.
- **Q** What is the best way to clean my cooktop/hob?
- **A** See cleaning instructions on page 12.
- **Q** Why do the elements appear to turn off while cooking/heating?
- **A** In order to maintain the selected temperature the element may pulse on and off.
- **Q** Do I need special pans?
- A No, however flat bottom pans are recommended as they are more energy efficient and stable. See page 10 for further information.
- **Q** How can I achieve a low setting for delicate cooking and simmering?
- **A** The Supersimmer control on the front right element allows it to be turned down to a very low and even power setting.
- **Q** Can I fit my **DishDrawer**\* or *Fisher & Paykel* oven below my cooktop/hob?
- **A** Yes, with a standard bench height.

### Before you call for service or assistance ...

Check the things you can do yourself. Refer to your User Guide and check...

- 1. Your product is correctly installed
- 2. You are familiar with its normal operation

If after checking these points you still need assistance, please refer to the following or check our website: www.fisherpaykel.com

#### In New Zealand if you need assistance ...\*

Call your Fisher & Paykel retailer who is trained to provide information on your product, or if we can be of any further help, please contact our Customer Care Centre,

**Toll Free:** 0800 FP CARE or 0800 37 2273 **Email:** customer.care@fp.co.nz

**Fax:** (09) 273 0656 **Postal Address:** PO Box 58732,

Greenmount, Auckland.

#### If you need service ... \*

Fisher & Paykel has a network of independent Fisher & Paykel AUTHORISED SERVICE CENTRES whose fully trained technicians can carry out any service necessary on your product. Your dealer or our Customer Care Centre can recommend an AUTHORISED SERVICE CENTRE in your area.

#### In Australia if you need assistance ...\*

Call the Fisher & Paykel CUSTOMER CARE CENTRE and talk to one of our Customer Care Consultants.

**Toll Free:** 1300 650 590 from anywhere within Australia **Email:** customer.care@fp.com.au

Postal Address: PO Box 798 Cleveland, QLD 4163.

#### If you need service ... \*

Fisher & Paykel Australia Pty Ltd has a network of independent Fisher & Paykel AUTHORISED SERVICE CENTRES whose fully trained technicians can carry out any service necessary on your product. Your State Office or our Customer Care Centre can recommend an AUTHORISED SERVICE CENTRE in your area.

#### BEEF BOURGINON (Serves 2 - 4)

The Supersimmer element is perfect for meat dishes that are tender and full of flavour. Try this variation on a French classic.

225g chuck steak, cubed

2 tbsp oil

100g tiny onions or 1 large onion, chopped

100g carrot, peeled and cut into large slices

1 tbsp oil

2 cloves of garlic, crushed

2 tbsp flour

1 cup good red wine

1 cup beef stock

1 bay leaf

1 tsp thyme

Place beef in a bowl and sprinkle with salt and pepper. Toss.

Heat 1 tbsp of the oil in a medium sized saucepan on HI on the Supersimmer element. Add half of the steak cubes and brown quickly turning with a wooden spoon to sear all the sides. This is an excellent way to give stews great flavour and a rich brown colour. It should only take a couple of minutes but the meat may spit so take care. Remove the first batch and repeat with the remaining steak and the second tablespoon of oil.

Add onions, carrot and the last tbsp of oil to the empty pan and cook on medium heat until beginning to brown. Add garlic and flour and cook until lightly coloured, stirring constantly. Stir in the wine and stock, then add bay leaves, thyme and steak. Bring to the boil.

Reduce the temperature, cover the pan and simmer for an hour or until the meat is tender and the liquid is full of flavour.

Serve with creamy mashed potatoes and garnish with lots of chopped fresh parsley.

# Fisher&Paykel MANUFACTURER'S WARRANTY

When you purchase any new Fisher & Paykel Product you automatically receive a two year Manufacturer's Warranty covering parts and labour for servicing within New Zealand and Australia.

#### FISHER & PAYKEL UNDERTAKES TO

Repair or, at its option, replace without cost to the owner either for material or labour any part of the Product, the serial number of which appears on the Product, which is found to be defective within **TWO YEARS** of the date of purchase.

#### THIS WARRANTY DOES NOT COVER

- **A.** Service calls to which are not related to any defect in the Product. The cost of a service call will be charged if the problem is not found to be a Product fault. For example:
  - 1. Correct the installation of the product
  - 2. Instruct you how to use the product.
  - 3. Replace house fuses or correct house wiring or plumbing.
  - 4. Correcting fault(s) caused by the user.
- **B.** Defects caused by factors other than:
  - 1. Normal domestic use or
  - 2. Use in accordance with the Products User Guide.
- **C.** Defects to the Product caused by accident, neglect, misuse or Act of God.
- **D.** The cost of repairs carried out by non-authorised repairers or the cost of correcting such unauthorised repairs.
- **E.** Normal recommended maintenance as set out in the Products User Guide.

SERVICE UNDER THIS MANUFACTURER'S WARRANTY MUST BE PROVIDED BY FISHER & PAYKEL. SUCH SERVICE SHALL BE PROVIDED DURING NORMAL BUSINESS HOURS. THIS WARRANTY CERTIFICATE SHOULD BE SHOWN WHEN MAKING ANY CLAIM.

Note: This Warranty is an extra benefit and does not affect your legal rights.

#### PROOF OF PURCHASE

Proof of original purchase date is required to obtain service under warranty. Attach your sales receipt or cancelled cheque here.

Write down the model, serial number and purchase information below.

#### **PRODUCT DETAILS**

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ate of Purchase
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Please keep this User Guide in a safe place.

Do not return to Fisher & Paykel.

#### COOKTOP CREME RRIJLEF WITH VANILLA MAPLE SYRUP

Simmering over a very low heat gives this crème brulee a velvety smooth texture.

For syrup:

2 vanilla beans 300ml (10 fl oz) maple syrup

For creme brulee:

1 vanilla bean

600ml (20 fl oz) cream

5 egg yolks

3 tbsp caster sugar

For the syrup: split 2 vanilla beans lengthways, carefully scrape the seeds from the middle of the pods with the tip of a sharp knife. Put seeds and pods in a pan with the maple syrup. Warm for a few minutes on the Supersimmer element to infuse the flavours and set aside.

Meanwhile chill four 1 cup capacity individual serving dishes in the freezer.

Split the remaining vanilla bean lengthways and again, carefully scrape the seeds from the middle using the tip of a sharp knife. Place both seeds and pod in a medium sized 15cm (6 inch) diameter saucepan with the cream. Heat until almost boiling, tun off the heat and leave to infuse for 15 minutes.

Whisk yolks and sugar in a bowl and pour the cream over them. Clean the pan and strain the mixture through a fine sieve back into it.

Cook on a low to medium heat in the supersimmer zone, stirring constantly for about 15 minutes. The mixture will gradually thicken to the consistency of runny custard so that it coats the back of a wooden spoon. It will thicken more on cooling. If you have a food thermometer this happens at 80°C (180°F) If you over cook the mixture the texture will be grainy but this won't spoil the flavour. Stir 4 tbsp Vanilla Maple Syrup into the crème and pour into the chilled pots. Refrigerate for at least 6 hours. Store the remaining syrup.

Just before serving, pour a quarter of the syrup into the top each pot.

#### SPICY ASIAN CARROT SOUP (Serves 2)

This soup is an excellent winter warmer. The amount of chilli used here gives a mild soup; increase the amount if you like it HOT!

1 tbsp vegetable oil

? an onion, chopped

1 small celery stick, chopped

1 garlic clove, crushed

225g (8 oz) carrots, chopped roughly

2cm (1/2 inch) root ginger, peeled and thinly sliced

pinch of chilli powder

1 1/2 cups of vegetable or chicken stock

1 tbsp soy sauce

1 tbsp peanut butter

1/2 tsp sugar

1 tsp sesame oil

1/2 cup milk

sour cream or crème fraiche to serve

In a saucepan on HI cook the onion, celery, garlic, carrots, ginger and chilli powder in oil until onion is softened.

Add stock and bring to the boil. Reduce temperature and simmer until the carrots are tender (30-45 minutes).

Add the remaining ingredients and puree using a blender, food processor or stick blender. Return to saucepan and heat. Serve with a spoonful of crème fraiche or sour cream.

#### Variation

For Indian style carrot soup add 1/2 tsp of toasted cumin seeds with the vegetables and substitute soy sauce, peanut butter, sesame oil and milk for 1/2 cup of thick natural unsweetened yoghurt and an extra 1/2 cup of stock.

#### **BERRY AND PORT SAUCE**

For a delicious fruit sauce to serve with red meat and game; heat 4 Tbsp light brown sugar with 1/3 cup malt vinegar until they form a light caramel. Add 4 cups fresh or frozen raspberries or blueberries and simmer over a low heat for 20 mins, stirring occasionally. Sieve to remove pips. Mix 2 Tbsp cornflour with 4 Tbsp Port and stir into the sauce. Return to the heat, stirring continuously, until it thickens. Season to taste.

#### SWEET AND SOUR GLAZE FOR FISH AND CHICKEN

- 3 Tbsp fruit chutney
- 2 Tbsp oil
- 2 Tbsp runny honey
- 2 Tbsp lemon juice
- 2 Tbsp sweet chilli sauce
- 2 cloves garlic, crushed
- 1 tsp ground cumin
- 1 tsp garam masala
- 1 tsp fresh ginger, grated

Combine all the ingredients in a pan and simmer until reduced to half the original volume. Brush over 4 fish fillets or chicken pieces and allow to marinate in the fridge for about an hour before cooking.

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